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# The identity **parade**

by Lyle Stewart

We're about to head into national holiday season, when we get heartfelt appeals to all our various identities.

First off, of course, is National Aboriginal Day, June 21. Three days later, on June 24, Quebec celebrates its "Fête nationale," la Saint-Jean-Baptiste. Canada Day is another day off a week later on July 1. And finally, for all the dual citizens, aging draft dodgers and political refugees among us, there's US Independence Day on July 4.

We North Americans like to celebrate. Four important holidays in two weeks! Now, imagine if you're an Aboriginal with dual US-Canada citizenship living in Quebec. You'd have the best of all worlds.

Or, perhaps, the worst. Too often we use "national" identity as a means to exclude.

Many Quebec nationalists like to imagine that a real Québécois is limited to white, francophone Catholics.

Some right-wingers across Canada those issued from the British Isles.

We've all seen the rabid Tea-Party types down south on television mindlessly shouting "USA! USA!" at anyone they consider overly educated or insufficiently hateful and violent, such as their own president.

And, if you happen to be a Mohawk living in Kahnawake whose "blood quotient" has been judged to be too diluted, you may also feel more than a little excluded from the identity game.

We should be using these days to be inclusive. In the end, despite our identities, we are all human beings, able to love and interbreed and create a marvellous mosaic of interlocking ethnicities. And we all have to live together.

So here's a suggestion. Perhaps we should play a game of spin the bottle with our national holidays.

Let's have Quebecers set off fireworks on Canada Day, Canadians outside Quebec dance in powwows on National

# Aboriginal Day, those of Indigenous hello Stephen Harper! - make appeals to descent can sing The Star-Spangled so-called "old-stock Canadians." Meaning, of course, that more recent immigrants Banner on Independence Day, and, finally, with darker skin tones and unfamiliar have our American cousins sing Gens du fashions are somehow less Canadian than pays on la Saint-Jean-Baptiste. That would be something to celebrate. Aboriginal Day Trid i rita"ni i Dn"rna bac 514-272-3077 | info@beesum.com | beesum.com

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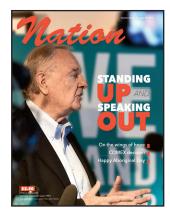
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Former Prime Minister Paul Martin speaking at the WE conference

Photo provided by Mike Phang

# All in a **mornin**

by Sonny Orr



was patiently waiting for the customer service rep. I'd been standing in line for 15 minutes behind two people, and listening to the first one go through a long-winded explanation of how he come to the counter to purchase what he wanted. It was 9:30 am and my day had started off on the wrong foot.

Another five minutes go by. Finally, I move a step ahead. The next customer asks the same general questions as the first and gets a virtual repeat of what we heard only moments before. Ten minutes later, the customer leaves without getting what he wanted. In reality, he didn't actually know what he wanted and that's why he couldn't make a decision. Go figure.

Now, it's my turn. I don't ask questions – I just tell the customer service rep what he can do for me. I'm out in under a minute with what I need, except a little cheaper because I didn't want all the services offered to me as detailed in the sales brochure. Ahh, nothing like shopping like a boss!

Then I headed off to the local post office, where, much to my chagrin, the fast mail service hadn't delivered as promised. But my thoughts about all the money I spent to get my package here quickly disappeared as a delivery notice appeared in my tiny mailbox just as I was about to leave. Aha, another task accomplished! Note to self: don't fall for the quick and expensive way and accept the fact that snail mail does have its virtues in the long run.

Next, I popped into one of the few stores in town and quickly scanned the prices. With my list in hand, shopping is a breeze and I'm in and out within minutes with what I need. Believe it or not, it's already time for a coffee break! But I skip the coffee to track down an elusive employee of the local organization that looks after my politics. I know he is always at work for coffee break.

After a quick nibble on a stale cookie, I head back to the stores but don't find what I need. So I forage at

the local wreck yard and almost immediately find what I wanted for free. Heading over to my waiting mechanic, who looks full after what seems to be a large meal of cookies, I point out a stubborn crumb on his stubbled face. He falls for the trick and wipes grease all over his mouth. I say nothing and he gets curious looks from his co-workers.

Then it's off to the restaurant for a cup of java, but I find that there's still a line-up for breakfast. I toss down my toonie plus more to acknowledge the extra effort by the harried chef/waiter and leave with my hot cup in under a minute. Things are really humming along. I head back to the garage and find the mechanic just getting started. Aarggh!

Finally I get my Beast back, which is really an old truck pieced together from parts of dead ones dating from 1999 to 2005. I say it averages 2002 for an easy reference when asked its age by curious kids, who marvel at my antique wheels.

As the lunch hour nears, I'm back writing to my clients while the soup sings from its pot on the stove. The toast pops and it's quickly slathered in mayo and salmon. Lunch is readied for those who need nutrition after a hard morning at work and school. I'm writing quickly, before the early morning musings disappear from my solutions arrived at during the wee hours of the previous night as I was trying to fall asleep. The answers magically appear early in the morning after the first cup of coffee hits home and I think of how they will sound when I transfer them to someone's email inbox.

Halfway through lunch, my fingers rest from frenzied writing and my emails are delivered to my clients. Yes, the morning is done and that leaves me with little to do but head out on the land to find something wild to eat. That could take hours or even the rest of the day! That's okay, it's like shopping for food and I set aside the rest of the day for outdoor shopping sprees.

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rees routinely spend a day driving to and from places like Matagami, Amos and Val-d'Or for a better choice of groceries than those available in their hometowns. In most communities, the biggest grocery retailer is the Northern Store, owned by the Winnipeg-based North West Company.

In Waskaganish, however, there's a new grocery alternative: the Smokey Hill Grocery, which opened May 19.

"We don't really compete with Northern – we don't look at their prices," said CEO Denys Boulanger. "We just do our business as fair as possible with the people in Waskaganish, so we have prices like you'd see in Montreal or Mont-Laurier, plus a surcharge for transport."

The store is operated by the band council's Waskaganish Business Corporation.

The idea of a band-owned grocery store emerged "because the people from Waskaganish were not very happy with the variety and quality, the choices and pricing," said Boulanger. "[The Northern Store] was mostly alone around here, for about four years. Plus, Waskaganish wanted to create some jobs and keep profits in the community."

The store is not a co-op, but Boulanger says that's the plan for its future. For the moment, it's looking simply to get on its feet as a key supplier of a wide variety of food products to the community of more than 2000 people.

"You're going to see much of what you can get in Amos, Matagami or Val-d'Or at any IGA or Metro," Boulanger said. "We have over 5000 different products – the variety is quite huge for the size of the population we have. We want to ensure that the variety helps improve the quality of life of the people around here. This means you don't have to go to Val-d'Or or

Matagami to buy the products you're looking for. Plus, if they want something we don't have, we can probably get it in the next week."

In addition to groceries, the store has a take-out counter serving such favourites as fried and barbeque chicken, and ribs.

"So far it is extremely popular!" Boulanger noted.

But beyond the food, Boulanger suspects it will be the business model that draws people from the community to the store. Smokey Hill Grocery is able to provide "extremely competitive" pricing because it is not a private company with shareholders who want to see ever-increasing profits, he said.

"Of course, we want to deliver profits or we'd go bankrupt!" he laughed. "But we don't want to make huge profits. And if we make a nice profit because the sales are good, we'll probably lower the price."

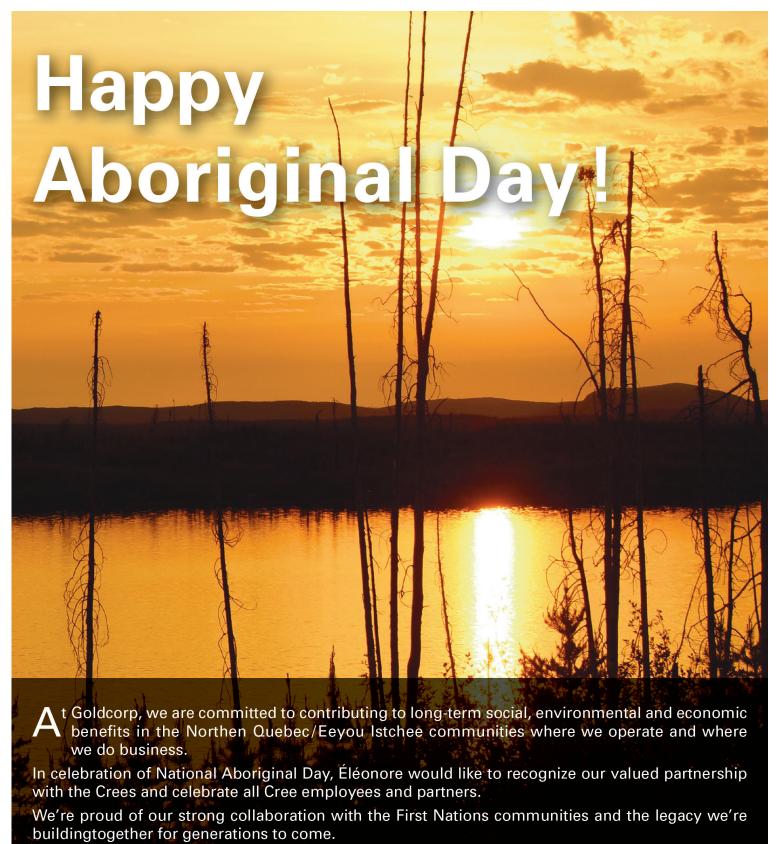
And that, according to Boulanger, is the bottom line. "The more they come to Smokey Hill Grocery, the more business we do, the more profit we make, and the more we lower the prices."

Boulanger is originally from l'Assomption, a town east of Montreal. He was hired for his experience managing food-service operations all over Quebec.

"I'm a passionate guy about the food business, and about service," he said. "We treat the client like our guest, which we hope means people who come to Smokey Hill Grocery will be very satisfied."

When the Nation spoke with Boulanger, the store had been open under two weeks. Boulanger said already he felt he was seeing indications of success.

"So far, we're extremely happy," he said. "From what I hear, people in the community are very happy too. We've just opened, but we want to get more involved in the community – we want to be part of the community."







# Cree health boost

New CPS director and mental health hirings bolster capacity

by Andrew McClelland

athy Shecapio says she enjoys being in the middle of the action. It's a good thing: hired as the new director of Cree Patient Services (CPS) in April, she's had her hands full revamping a busy service that has seen a few problems over the past years.

"A lot of people don't realize what it's like here when you get to work," Shecapio said over the phone from the Montreal office of the Cree Board of Health and Social Services of James Bay (CBHSSJB). "You hit the ground running."

She quickly learned how hard CPS staff work to obtain health services for Cree patients and ensure they are taken care of when they travel for treatment.

"You see how much people care," Shecapio said. "Everyone from the head of CPS, to the nurses, the technicians – they're exhausted, their eyes glaze over, but they're still doing the best they can and giving it their all."

Shecapio comes to the position with plenty of life and work experience to draw upon. The first five years of her life were spent in Oujé-Bougoumou, where her father hunted on his trapline, a time that Shecapio described as "heaven on earth."

"You wake up with the sun and you go to bed with the sun," Shecapio

recalled. "You live with the rhythm of the land and the seasons."

After earning university degrees in Industrial Relations and Financial Management, Shecapio worked to promote Aboriginal employment with the Cree Regional Authority. She then ran Cree training and employment programs for Niskamoon to ensure Hydro-Québec met hiring requirements under the James Bay and Northern Quebec Agreement.

She was promoted to Director General of Niskamoon before leaving to launch her own project management and communications firm, Momentume Inc., in 2013.

Shecapio started writing her latest chapter at the CPS office in Val-d'Or – an experience she describes as significantly different from her current workplace in downtown Montreal.

"We're in a big, busy city – that's the main difference," she noted. "Instead of it taking five minutes to drive anywhere, things are tougher for our staff and our drivers. While we do have rooming houses and resources like the new superhospital at our disposal, it also puts enormous strain on us. Traffic, construction – all those things of city life make it harder to deliver the services we want to offer."



New CPS director, Kathy Shecapio

What will change now that Shecapio is director at CPS? The main thing is that Shecapio says that CPS is listening to its patients and community like never before.

"The sense I've gotten is that patients felt like they were getting shut down by CPS. That needs to change. Now we look at each case and ask, 'How would we treat this person in an ideal world?' And we start from there."

#### Mental health nurses hired

The CBHSSJB made another big move in May with the appointment of five mental health nurses.

The new mental health team consists of Maryse Doyon (Mistissini), Pauline Leblanc (Wemindji), Adnane Bendada (Eastmain), Martine Vincent (Nemaska) and Diane Blueboy (Chisasibi). Sandra Thibault, a specialist mental health nurse clinician, will act as a coach.

The nurses began a week of training in mid-May, including a cultural safety class with psychologist Suzy Goodleaf, and a lesson in Cree history by Solomon



#### Department of Justice and Correctional Services

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#### **CREE CAVAC SERVICES**

(Crime Victims Assistance Centre)

CAVAC or crime victims assistance centre, have been created to help victims overcome the physical, psychological and social consequences of a crime, and to advocate on their behalf to help them obtain compensation for the harm suffered. If you are a victim or witness to a crime then there are two Cree CAVAC offices that have been established to serve you in the Cree Nation.

CAVAC officers provide a wide range of assistance services, including: POST-TRAUMA AND PSYCHOLOGICAL INTERVENTION, to assess the needs of victims of crime

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info@creejustice.ca www.creejustice.ca

Awashish. The nurses will start working in their new home communities over the next month.

The new hirees took part in further training in Chisasibi May 24-27, including a cultural competency training session that surveyed the history and traditions of Eeyou Istchee, looking at residential school experiences and other sources of trauma, as well as the sources of strength that have helped the Cree in the past.

"There was an actual walking-out ceremony where the nurses were able to participate and learn about what we do in our territories," said Juliana Matoush-Snowboy, mental health coordinator for the CBHSSIB in Chisasibi.

"We finished getting feedback from one employee who was just brought in. She felt overwhelmed. She didn't know the customs. That's why this cultural competency training is so important."

The hiring of the five new nurses marks the first time the CBHSSIB has been able to devote staff specifically to mental health. The organization says it hopes to include art therapy and ceremonial therapies as part of healing plans for patients in the future.



La ville et La Mairesse vous souhaitent The City and Mayor wish you

#### BONNE FÊTE NATIONALE AUTOCHTONE HAPPY ABORIGINAL DAY

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#### **Break-ins target Cree businesses**

Since its opening last fall, Chisasibi's Retro Daze Café has been a popular location for coffee, dinner, a game of pool or poker, a UFC match or a nice cigar. However, owner Roger Orr reported that in the early morning of May 25, four people, one of whom Orr was able to identify, broke into the café.

They did not take anything, but broke a few things, including the café door. Orr was alerted to the break-in by his alarm, and his cameras captured the intruders on the premises. He indicated that he intends to go ahead with pressing charges.

In Facebook posts, Orr stated that incidents like this were among his greatest fears about running a business "on the Rez. Major hardship for Rez entrepreneurs." He reported that a masked man robbed a friend in another community during operating hours the previous week. Over the winter, Whapmagoostui's Whale Mart was broken into multiple times.

Less than a week after the Retro Daze break-and-enter, Kevin Joel Hatt, general manager of Whapmagoostui's GWR Social Club, posted notice on Facebook that two masked individuals broke into the Social Club at roughly 3 am the morning of May 31. Hatt reported that the Social Club's night watchman/janitor caught the two intruders just as they were breaking in — one of the intruders attacked him, while the other ran away. Neither said anything. The Social Club's cameras only caught the escaping intruder, who some said appeared to be female.

#### New bus line from Chisasibi to Val-d'Or

The Chisasibi Business Development Group (CBDG) and Autobus Maheux announced June I they were joining forces to launch a regular James Bay coach bus service from Chisasibi to Val-d'Or. June 8 marked the first Val-d'Or departure with the first departure from Chisasibi taking place the following morning.

The long-awaited coach service will stop at the intersection of each community along the James Bay Highway and be offered twice a week – leaving Val-d'Or Sundays and Wednesdays and Chisasibi on Mondays and Thursdays. The standard rate for a return trip from

Chisasibi to Val-d'Or is \$306.24 while a one-way trip costs \$191.40. Tickets can be purchased online at www. autobusmaheux.qc.ca, at the CBDG Office in Chisasibi or with any authorized Autobus Maheux agent. There are discounts for students, seniors and young children as well as lower rates for those hopping on or off between the two destinations.

In a joint press release, CBDG and Autobus Maheux stated, "The Cree population is growing and year after year the travel needs are becoming more important... This new bus service will provide the communities with a new option for their transportation which will be regular, reliable, safe and affordable."

CBDG and Autobus Maheux first met to discuss the possibility of a partnership for a Cree bus service at an economic conference in 2015 and recently reached an agreement to implement the transportation project in two phases. First, developing the services based on the knowledge and skill-sets of each partner and second, creating a new corporation under Cree control in partnership with Autobus Maheux.

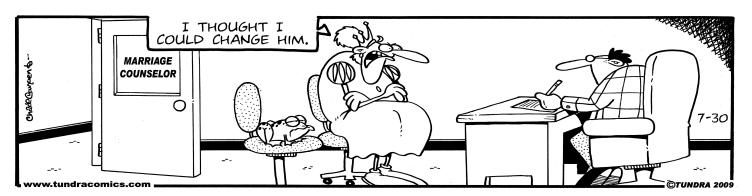
The Cree-Maheux bus line will operate under a permit from the Transport Commission of Quebec and will be seeking the participation of the Ministry of Transport Quebec to help support and maintain the new service.

#### Mistissini youth to be honoured

Congratulations are due to Hayden Benac, who was selected as a recipient of this year's Lieutenant Governor's Youth Bronze Medal for his academic and community engagement. Benac, who hails from Mistissini, will receive his medal in a ceremony scheduled for July 2 at l'École La Porte-du-Nord in Chibougamau. He was informed of his selection in an official letter from Michel Demers, the Secretary General to Quebec's Lieutenant Governor.

#### Correction

The Nation would like to apologize to Fred Cheezo of the Buffalo Hat Singers who was incorrectly identified as Philippe Cheezo in our coverage of the Montreal Powwow in issue 23-15.





STANDING UP



# C SPEAKING OUT







bout 30 Montreal high school students listened attentively as Mohawk Elder Ka'nahsohon (Kevin) Deer said an opening prayer and sang a song of gratitude at the launch of the We Stand Together Aboriginal awareness campaign at the Ashukan Cultural Centre in Montreal's Old Port May 25.

Deer prefaced his prayer and song with a quick lesson on Mohawk culture, explaining the importance of the three sisters – corn, beans and squash – and the relationship with the earth that is so intrinsic to his people. "The drum hits the skin and vibrates into the world giving thanks," he said.

A collaboration between the charitable organization Free the Children and the Paul Martin Aboriginal Education Initiative, We Stand Together aims to get people talking about the unique challenges faced by Indigenous Canadians and also highlights First Nations' contributions to Canada's past, present and future in schools and online.

The students took part in sharing circles to discuss the spiritual, mental, emotional and physical elements of the medicine wheel – how to address them in relation with current issues faced by First Nations communities.

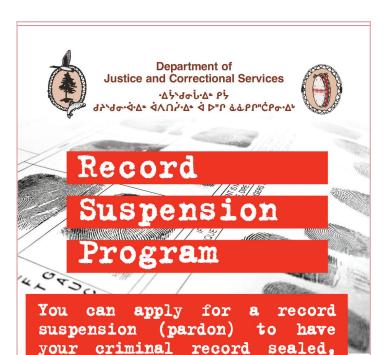
Later, the students presented their ideas and solutions to the crowd. One group went so far as to prepare a skit in which they meet with the Aboriginal Affairs Minister and Finance Minister to request improved funding for Aboriginal education.

"As a former finance minister myself, I was delighted to hear your skit," said Paul Martin, who also served as prime minister from 2003 to 2006. "You have a chance to make history."

Many speakers echoed Martin's optimism. "You're not only the leaders of tomorrow, you're the leaders of today," AFNQL Grand Chief Ghislain Picard told the youth. "It's been five centuries we've been coexisting on this continent, we know a lot about you but you know so little about us. It's time to reverse that."

Alexandre Bacon, a First Nations political consultant from the Innu Nation of Mashteuiatsh, encouraged students to learn more about Aboriginal history in order to pass that knowledge on to the world.

"Civilizations survive best when they are in contact with other cultures," Bacon said. "Before colonization us Natives were allies... assimilation forced us to fight to protect our identity. It's time to acknowledge cultural diversity. First Nations



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#### Need Help on How to Apply?

# Contact your Local Community Reintegration Officer:

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If you have any additional questions or need more information, please contact the Correctional Services Regional Office in Val d'or at 819-874-2600 or by email at justice.valdor@cngov.ca.

#### www.creejustice.ca







have something to bring to the world today: their connection to the land and their gratitude for all it gives to us."

We Stand Together is part of the We Schools initiative that focuses on education. Participating schools are provided with lesson plans that cater to different grade levels and subject matter specifically designed by We Schools to teach Indigenous culture, history and experience.

From June 7-20, an online awareness campaign will see students across the country take to social media to share facts and statistics that show the reality of life in different Indigenous communities in Canada. The hope is to spark conversations on how to address various challenges those communities face.

Free the Children founder Craig Kielburger says the ultimate goal is to see the curriculum and online initiative culminate in action. Schools will be campaigning, fundraising and participating in cultural exchanges. They will also be challenged to find their own ways to pressure the Canadian government to ensure that First Nations have equal access to education, health care and social services.

"We're looking at some huge, critical issues and we need your help," said Kielburger. "I loved hearing about your actions... I love that you did a skit about meeting a government official to lobby them, in front of a former Prime Minister. That takes a lot of guts."

For his part, Paul Martin acknowledged the history of how Canada has treated First Nations people is not something to be proud of.

"We're going to change that," he promised. "If you go out and tell the students in your class to talk to the rest of your school and if you tell your school to go talk to other schools then this thing is going to take off. And the terrible history of Canada is going to be turned into something far more beautiful."

Left page, middle: Free the Children founder Craig
Kielburger stands with Paul Martin;

Below: Mohawk elder Ka'nahsahan Deer

Below: Mohawk elder Ka'nahsohon Deer





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COMEX members, Left to right: Robert Joly, John Paul Murdoch, Suzann Méthot, Daniel Berrouard, Brian Craik

#### Greetings from the

#### Ouje-Bougoumou Cree Nation

National Aboriginal Day was set aside as a special day in Canada to acknowledge First Peoples and to celebrate the diversity of First Peoples' cultures and histories as part of the essential fabric of Canadian society.

The Ouje-Bougoumou Cree Nation extends its best wishes on this special day to all our Cree friends throughout Eeyou Istchee and to all our friends throughout Quebec and Canada.

May the appreciation of First Peoples' cultures contribute to the creation of a new and honourable relationship between Indigenous Peoples and Canada.

#### Chief Curtis Bosun

On Behalf of the Ouje-Bougoumou Cree Nation









# BALANCING ACT

New COMEX President Suzann
Méthot on finding compromise
between environment and economy

by Joshua Grant

www.nationnews.ca June 10, 2016 the Nation 17

he Comité d'examen des repercussions sur l'environnement et le milieu social (Environmental and Social Impact Review Committee in English) was given its mandate in accordance with Chapter 22 of the James Bay Northern Quebec Agreement (JBNQA) first established in the 1970s.

Better known as COMEX, the committee is responsible for evaluating potential developments that would have a significant impact on the land and population of northern Quebec, specifically on the territory south of the 55th parallel (plus the territory of Whapmagoostui which lies slightly above) and west of the 69th meridian.

COMEX is a recommending body that gathers information, works with scientific experts to conduct impact assessments, organizes public hearings and looks at all angles of proposed development in the territory covered by the JBNQA. One often hears the name come up when developments are contested by the communities they affect, such as the recently proposed access roads in the Broadback River Valley region near Waswanipi.

The guiding principles laid out in Chapter 22 of the JBNQA are the framework under which COMEX operates and decides whether or not to recommend a project for approval and if it should be permitted, under what conditions. In the case of the Broadback access roads, the routes were recommended for approval but with several conditions.

"We recommended that the project be shortened by several kilometres; we recommended a plan for re-establishing the caribou population and plenty of other recommendations as well," noted Suzann Méthot, the new COMEX President. "I think [with the Waswanipi report] we heard all voices, stayed independent and transparent, took all interests into account, consulted the latest scientific data and ensured the protection of the caribou population.

COMEX recommendations are passed on to the Environment Minister, Méthot added. If they are approved, which is usually the case, the Ministry then issues a certificate of authorization. COMEX also coordinates with regional authorities and organizes visits to work sites to ensure conditions are being met.

"But most importantly, we give power to the population, the power to be part of the decision-making," Méthot emphasized. "It's not the only place [the public can participate] but it's a very critical place. The population can express their concerns, their interests, their opinions and ask questions that either we can answer or the promoter will have to answer. We give the public the ability to express themselves, to be heard and to be taken seriously.

According to Méthot, the first step to having your voice heard regarding a potential development is to be aware of what's going on in your area by staying in touch with band councils, following information from the Grand Council of the Crees (GCC) and consulting the COMEX website (www.comexqc.ca), which is

# **Protect** our land

Waswanipi frets over Broadback development plans by Orlando Blacksmith

With the recent COMEX assessment report and the Quebec government's decision to allow logging in the heart of the Broadback River valley, Waswanipi residents are worried what this means for their community.

The Broadback River Valley is one of Quebec's last remaining pristine forests and there has been a lot of support and battles to keep it safe. But not every battle can be solved without discussion and compromise. There needs to be a middle ground.

"[At the moment], we're satisfied with the outcome of the decision," said Waswanipi Chief Marcel Happyjack. "But only if our nine conditions are met. We're willing to work with them. We're not against development, but we want to speak with the new head of COMEX and tell them our conditions. We want to make sure they're careful with the land and cut wood according to the Cree standard. We want to get more Cree tallymen and trappers involved in the whole process. We want to make sure they don't try to come back in the future for more."

Happyjack adds that construction plans for the logging roads H and I in the area have been reduced by 43%. "The roads won't cross into the Broadback protected Waswanipi territory. That's our land and we want to make sure the caribou are protected."

According to former Waswanipi chief Paul Gull, who is liaising between COMEX and Waswanipi, residents should be involved on all levels.



regularly updated to announce projects up for assessment.

"After we hear all opinions, the committee sits down and analyzes everything," she said. "Does [the project] meet the interests of the population? Does it meet what is understood under the convention of Chapter 22? Does it meet with the principles of the framework under which we are working? Then the committee will recommend or not recommend [a project], or recommend it under certain conditions."

COMEX consists of five members including the president, with two appointed by the Cree Nation – lawyer John Paul Murdoch and long-time anthropologist and environmentalist Brian Craik – plus two members appointed by Quebec – biologists Daniel Berrouard and Robert Joly.

Up next for review is another series of proposed access roads that will affect the communities of Waswanipi, Oujé-Bougoumou and Mistissini. Méthot says the COMEX committee has already determined that the scale of the project will require a public hearing.

Asked about the approach her team takes in conducting assessments and delivering recommendations, Méthot says that the guiding principles outlined in Chapter 22 of the JBNQA are the starting point for everything they do.

"It involves everything that concerns continuing the traditional way of life, exercising territorial rights around hunting, trapping, fishing," she explained. "We sent a recommendation to the administration for there to be consultations in the community so that studies in the Broadback can be done," he said. "Climate change studies, environmental studies, expected impacts from development in the area, wildlife studies and how to properly monitor the caribou without upsetting them. A lot of things must be done before we can allow logging companies to go in."

Gull adds that protecting the land is top priority: "I'm optimistic the government will talk with us so we can work together. The roads have been reduced and we have to sit down with the community and the companies and talk. It's not economically feasible to go deeper into the Broadback. Companies will lose more than they'll get. Forestry in Waswanipi is just not economically viable. We need to think long term, not short term."

As someone who grew up in Waswanipi, I know full well that our hunting and trapping lands are very important to us. They are a mark of what was and what can be. They're a huge factor in preserving our culture and heritage. People use these lands seasonally and development of this calibre could seriously put a dent in maintaining our traditions, regardless of how much it benefits us, economically.

There are obvious concerns about the Broadback, from what this could do to the animals, plants and other wildlife in the area. Much of the concern is about what could happen if logging companies are continually allowed to have free rein and access to our territory. I just hope this isn't the gateway for companies to have their way with our land.

...continued on page 21





# Hydlo and FRIENDS Online

# Assessing the Breeding Success of Cisco at Smokey Hill

E nitûchischeyihtâkanûch e ishpish miyupayitwâu e âmîtwâu nûtimîwesûch aniteh nûtamesânânihch



To watch the new video, visit www.hydloandfriends.com

Downstream of the natural spawning grounds at Smokey Hill, a team collects cisco larvae that are drifting towards Rupert Bay. In the lab, a team counts the larvae to assess the breeding success of the cisco.



Tina House Lab technician Waskaganish



Willie Weistche Field worker Waskaganish



Alyssa Blackned Lab technician Waskaganish



Ryan Erless Waskaganish representative Monitoring Committee

Each month, a new video will be added to <a href="www.hydloandfriends.com">www.hydloandfriends.com</a>.

To learn more, listen to the Hydlo and Friends radio show on JBCCS. Its hosts,
Luke MacLeod and Luc Duquette, discuss the environmental follow-up activities related to the Eastmain-Sarcelle-Rupert Complex, as well as the concerns of land users with regard to Hydro-Québec's facilities and activities.

#### **Next show:**

Wednesday, June 15, at 8:00 a.m.

"Everything that touches the people's rights and desire to pursue their cultural lifestyle, also allowing them to be involved in the decision-making process and making sure the development benefits the Cree.

"Our approach is a pragmatic one. We make sure we have that traditional knowledge and incorporate the Cree knowledge of the territory and then there's obviously a scientific aspect to it as well."

In March, Environment Minister David Heurtel handpicked Méthot to succeed André Boisclair as COMEX chair. Previously, she had worked for various non-governmental organizations concerned with environmental protection, including the Canadian Boreal Initiative and the International Boreal Campaign.

"It was a big surprise," she said. "I accepted the position with a lot of humility because I'm a big fan of the convention despite its imperfections. I have a lot of respect for the Cree leadership and all of the nation-to-nation negotiations going on between these two governments. Being asked to be part of that big picture is just wow, it's bigger than me. It's inspiring, it's overwhelming and it's a lot of responsibility."







# "On June 21, join us in Val-d'Or to celebrate the start of our renewed relations!"



Happy Aboriginal Day to all. Γγ·Δί [ Γ·۶-۳η] - L Dη ΓΛΑ βα ΔΑΑΡ ΦΥ ΔΥΒΕ-ΔΟ χ



# Regional Radio Show on Housing

from the Capital Works and Services Department / Housing and ownership in the Cree Nation





**DÉCLARATION DE VAL-D'OR** 

CAPITAL WORKS & SERVICES



Your host: Lawrence P. Katapatuk Regional Housing Planner

> **LIVE from** CHISASIBI

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We need community members' input, suggestions and comments concerning housing in the Cree Nation.







#### Conseil Cri de la santé et des services sociaux de la Baie James

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#### Cree Board of Health and Social Services of James Bay



# July 1 marks improved quality of services for patients and escorts coming to Montreal.

#### What is changing on July 1?

Cree Health Board patients and escorts travelling to Montreal will stay at the newly-renovated Espresso Hotel. Current boarding homes will become private lodging.

These changes are part of a larger commitment to improve the quality of services for patients and escorts travelling outside Eeyou Istchee.

#### What does this mean for me?

The quality of your stay in Montreal will improve. Renovations currently underway at Espresso will result in better service and care.

### What improvements are being made at Espresso? Rooms have been renovated:

- Floors changed to laminate (no carpets)
- Refitted bathrooms with bigger toilets, along with new sinks and counters.
- New furniture including beds and memory foam mattresses
- New 42-inch full HD TVs
- New Keurig coffee makers
- New A/C and heating units along with new shade blinds to improve air quality

# The following facilities are for the exclusive use of CPS clients and their families:

- a new laundry room with 2 washers and 2 dryers
- a community kitchen
- a spiritual room
- an activity room with direct access to the swimming pool.

As well, Espresso is planning to hire a Cree Cook to help make and/ or serve Eeyou meechum.

Priority parking spaces have been reserved for CPS vehicles. New offices for CPS dispatchers and other community workers are being built to facilitate services for all CPS clients.

## How did Espresso Hotel get chosen to lodge Cree patients and escorts?

In 2015 the Cree Health Board put out a public tender to lodge Cree patients and escorts in Montreal. This process followed Quebec government rules. Espresso Hotel was the one hotel to submit a bid.

# Staying at Espresso Hotel Do I have to stay at Espresso?

We are confident that with all the new improvements, you will want to stay at Espresso. You have the right to stay at other lodging, if medical conditions permit.

#### What if I'm not happy at Espresso?

We are in the business of making things better. Tell the hotel management. They are dedicated to offering the highest quality services for all their guests. Kathy Shecapio, Director of CPS, and Nathalie Beauchemin, head of CPS Montreal office, meet regularly with hotel management to make sure that our clients receive quality care.

You can also leave a voicemail with Louise Valiquette, Commissioner of Complaints, at 1-866-923-2624.

If you are on Facebook, inbox CreeHealth (facebook.com/creehealth). We are listening.

# Staying at private lodging and other hotels What happened to the boarding homes?

Starting July 1, the current boarding homes will become private lodging. You can choose to stay here, if medical conditions permit. CHB has worked with these Cree-owned private lodgings in the past: Diana's, RED's, Eeyougoomg.

#### Can I stay with a family member or friend?

Yes, if medical conditions permit.

#### How do I arrange to stay at private lodging or another hotel?

Please give the clinic the name, address and phone number of your private lodging or hotel, when you get your travel documents. You are responsible for setting up this lodging.

If you stay at another hotel, you will have to pay for the hotel out of your own pocket. Then you will have to fill out paperwork to get paid back by CHB (\$56 per night including meals). At Espresso Hotel, CHB pays for your room and meals directly.

## Who do I talk to if I'm not happy with private lodging or another hotel?

Cree Health Board does not have any authority over private homes. There is very little we can do if you are not happy with lodging other than Espresso.

How to reach CPS Montreal

9 am - 5 pm Monday to Friday

(514) 989-1393

5 pm - 10 pm weekday evenings and

(514) 891-7295

5 am - 10 pm weekends/holidays

Follow CreeHealth on Facebook: facebook.com/CreeHealth



Cree from Eeyou Istchee visit Attawapiskat to show support during crisis

> by Will Nicholls Photos by WIll Nicholls and Gaston Cooper

he 2000 Cree of Attawapiskat have lived through multiple crises of the past few years that have garnered headlines throughout Canada. The latest media storm followed a rash of suicide attempts in April, when seven children aged 9-14 were rushed to hospital for possible drug overdoses. Another five children had attempted suicide on a previous evening the same week.

Attawapiskat Chief Bruce Shisheesh had been concerned about the epidemic of suicide attempts for several months, as his isolated northern community had witnessed 100 attempts since September 2015. There were almost 30 in March alone. Seven of those involved people under 14, and 43 of them involved people under 25.

Despite the flurry of concern, little has actually been done. The Ontario government did earmark \$2 million over two years for health workers to assist the community. But AFN National Grand Chief Perry Bellegarde called for a national strategy to combat Indigenous suicide.

"Our young people need hope and inspiration," said Bellegarde. "They don't see that













right now. We've got to make those key strategic interventions now. It's a life-and-death situation."

As Attawapiskat waits for help, many continue to wring their hands and announce their good intentions. At the recent Liberal Party's national convention in Winnipeg, delegates voted unanimously to make the youth suicide crisis in Indigenous communities a top priority. However, this priority will be slow in coming: the Liberal motion called on the party to

come up with a suicide preven-

tion policy to be presented at the next convention in two years' time.

While Canadian media coverage dies down, people continue to react. Attawapiskat Deputy Youth Committee Chairman Sky Koostachin said the community has received thousands of letters from around the world.

"We separated all the letters and they're ready to be given out to the community," said Koostachin. "We're just going to find a good day to distribute them to everyone in the community. We received the letters from the Quebec communities and the donations." She added that they plan to share the letters on social media and "with the kids we want to write thank you letters."

There's little money to make this happen but sometimes there are solutions. NDP MP Romeo Saganash indicated that he would help ensure Attawapiskat youth are able to thank those people around the world for their words of caring and support.

Cree supporters travelled with Air Creebec May 28 with a second delivery of letters from the Eastern side of James Bay. Donations of cash and goods had previously been shipped to the community.

Nemaska Chief Thomas Jolly said he didn't hesitate to join the trip to the beleaguered community.

...continued on page 29













An Attawapiskat Elder who preferred to remain anonymous shared her concerns and experience with the crisis during an interview with *the Nation*, presented here in full:

"There's been an ongoing wave of suicide here. Two days ago, a young person was medevac'd out of here and two others last week. It's pretty hard for the people. I don't think they know how to open their feelings. They're struggling and it's pretty isolated here. There's not much for them to do and I feel sorry for them. There's no real playground or a place for the youth to gather. There's only the gym and sometimes they go to the school to play but not too many people get in there. The little kids run around and get into mischief because they can't find anything to do. They're bored."

#### **The Nation**: Has it affected you personally?

"Yes, my two grandsons tried to commit suicide. It's pretty hard to keep an eye on them. Sometimes one of them says they are going to do something and it's a restless night. I still can't sleep at night. I'm worried. I cry every now and then. I'm trying to pray... it's a hard time. I'm worried someone's going to succeed.

"Not too many people realize this is seriously affecting people's lives. For me it is serious. I had my late nephew commit suicide and my great niece commit suicide just last year. It's affecting the youth. A lot of her friends tried to commit suicide.

"My guts tell me it's not over yet. We need help. You're not going to know when someone's going to succeed. It's pretty hard in this reserve. I don't blame the youth. They don't have much to do here, it's so isolated. Where can they go? There's not much activity going on and my heart goes out to them. I try to talk to the youth every chance I get. I try to encourage them to do something. Find a job, odd jobs, something like that. But it's hard. Not too many jobs are available here. Some of the youth get jobs, but not that many. This reserve is small even though it looks big and there's not many jobs around here.

"It's very hard. It was my other nephew who was sent out. He tried to hang himself. I feel so hopeless sometimes in this place.



# Taapwaauchaayimiisu Believe In Yourself

#### **OUR PROGRAM**

**Taapwaauyimiisu** (Believe in youself) program is a resource available for the schools in the three Cree communities, where the pilot project is currently being launched. We offer support to the students' ages 12 to 17 years old who, for various reasons, are temporarily suspended from 3 to 5 days from school.

The expression "Believe in yourself" is dear to our program as we want to send a strong message of empowerment and self-worth to our youth.

#### **OUR SERVICE SITES**

Taapwaauchaayimiisu program in Mistissini has officially moved in their new service site at the Family Resource Centre (Old Youth Centre). Thank you, Cree Nation of Mistissini, for your collaboration in providing space for our youth.

We would also like to thank everyone that attended our open houses in Waskaganish and Chisasibi.

Should you require more information, please contact the coordinator.

Tel: **(819) 527-0407** 

E-mail: **Byourself@cngov.ca** 









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"We all have to take care of one another, to look after each other regardless of where we live and the hardships we face," he insisted. "We need to help one another in every way we can. Just being here means a lot. Sometimes just to be present among people in a time of need is more precious than to just give."

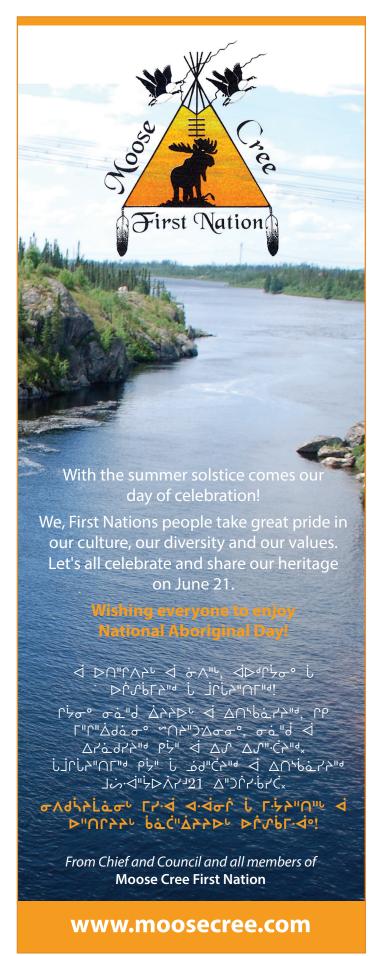
Jolly said Attawapiskat's living conditions reminded him of visiting Waskaganish three or four decades ago. Referring to the third-party management appointed by the former Conservative government to manage Attawapiskat's affairs, he said it is "pathetic what the government has done for – or to – our Native people. They're not allowed to run their own affairs or take care of themselves. This is an example of it. Over time a lot of stuff has deteriorated which has led to what we have been hearing about over the past months. This is an example of what can happen."

But Jolly feels there is a small but growing sense of optimism in the community. "When they see people from the outside standing with them, it gives them hope," he observed. "The hope that they know they are not alone. There are people who care and who will help and support them in any way they can. We in Nemaska have a relationship with Attawapiskat. We have an inter-band treaty on how we can work together and this is something that started three years ago. We have had various exchanges through the youth and sports. I'm going to make sure this continues and see what we can do to help Attawapiskat in what they are facing."

Other Eastern James Bay Cree communities joined this effort by visiting their western cousins. Interim Youth Grand Chief Alexander Moses said the Cree Nation Youth Council was asked to get involved in the trip, and ended up taking the lead.

"A lot of the issues they are facing here are the same issues people are facing elsewhere and back at home," Moses said. "This was evident with the high number of children who tried to commit suicide in one weekend. It's knowing what effect that would have not only on





The high cost of living in Attawapiskat



the families but the entire community that makes it important to show our support."

Moses felt encouraged after speaking with the local youth committee. He said Attawapiskat Youth Chairperson Robert Sutherland had a vision of what they want to achieve. "He has ideas and programs that they are trying to establish for themselves," noted Moses. "I see strong youth who are leading the way on the path. It's great they are taking on this task themselves and tackling the issues that they are facing."

After the visit, Moses said he'd like to return to see the people and the community again. "It feels like unfinished business. We went there, we made the bonds and we are going to continue. I say that with a positive view. We will continue to communicate and build on that bond."

Waswanipi Youth Chief Aaron Happyjack was honoured to be in Attawapiskat representing his

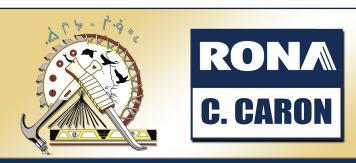


community. "It's important for youth to support and help other youth. It would be an honour for them to come to our community as well to help us out and we want to do the same here. It was our duty to come here," he said.

Attawapiskat Deputy Chief Louis Edwards welcomed the support. "I'm surprised that the other youth from Quebec came to show support for our community and the youth in Attawapiskat. This was one of the things I was not aware of that they were coming into our community," he said to a few laughs. "But I saw it on TV and came over to join the group. It's a good idea that they came and reached out to our youth here in Attawapiskat. It shows that there are youth in other communities and they care and love the youth all over the world, especially the First Nations people. One of the things we should do as leaders is to invite youth and other people to come and show their support," Edwards said.

A real future is what is needed for the people of Attawapiskat. While the problems are many, we know why they exist. Residential school survivors and the collateral damage suffered by the following generations lead many to contemplate suicide. Added to that reality are unhealthy living conditions—overcrowding brought on by a lack of housing, and a lack of potable water. During the trip there were warning signs not to use the water even for cooking. The high cost of living combined with a high unemployment leads to despair when it is so difficult to feed one's family. There is a general lack of resources to deal with the crisis.

"Being a leader in the community is not easy," said Edwards. "You have to make an effort and try your best. I know there's a crisis but we are trying to make it good for the youth. But we need resources. Today shows there can be good possibilities."



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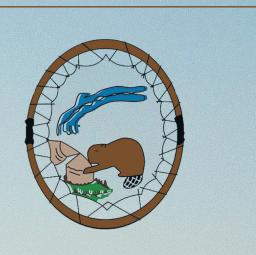
# FÜÖD

Catering company finds success by offering traditional Algonquin food

by Joshua Grant

"It takes a community to have a successful business," says Marie-Cécile Nottaway, founder and head chef of Wawatay Catering and winner of two awards in the 2016 Quebec ARISTA competition. "You need all of the resources around you: the local food, friends and family...so many people are part of what I do."

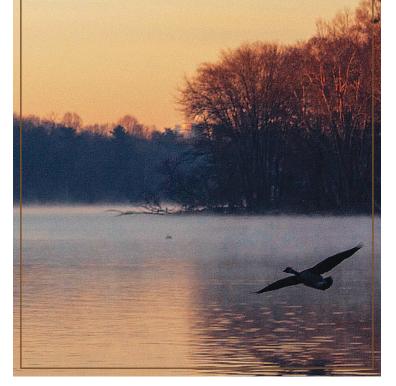
Nottaway's hard work and dedication to her craft were honoured with first prize in ARISTA's Young Independent Worker of Quebec category and support from Nottaway's friends, family and social media followers helped her garner the People's Choice Award as well.



#### **Happy National Aboriginal Day!**

The Cree Nation of Mistissini wishes everyone a Happy National Aboriginal Day!
Let us continue to keep our culture and traditions alive and strong.
Celebrate this day with pride.

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ARISTA highlights Quebecers aged 18-40 who demonstrate unique entrepreneurial spirit and a drive to succeed in the business world. The awards were presented at a gala at the Théâtre Saint-James in Montreal May 17.

Nottaway, who likes being called by her childhood nickname Cezin, runs her traditional Algonquin catering business out of Kitigan Zibi. She grew up in Rapid Lake in Parc de la Vérendrye before moving to Maniwaki for high school. As a seven-year-old, Cezin started cleaning wild game and looks back fondly on her memories in the bush.

"I'd spend my summers, Christmas holidays and weekends visiting my grandparents and we were always in the bush – living off the land, hunting, fishing. I grew up mainly on wild meats," she reminisces.

"We'd have a seasonal feast that we would celebrate where the men would hunt, the women would cook and the young girls would help set up and prepare little things. Without really knowing it, I was developing my skill set to do what I do today," she adds.

"If you're old enough to hold a knife you're old enough to carve a moose, you know, follow the lines!" she laughs. "That was my whole lifestyle when I was a kid."

Nottaway has two children – son Ryder and daughter Quill – with husband Wesley Cote. While things are currently going well with the family, she says this wasn't always the case. Over 10 years ago, Cote had a run-in with the



law. This caused the two of them to re-evaluate the way they were living and stop consuming drugs and alcohol.

"We led a different lifestyle back then and we don't mind sharing that," she says. "The cops raided our house, and fortunately they didn't find anything. But when they came into my home and my children were screaming, and then leaving with my husband in handcuffs, I said to myself, 'I'm done with this.'

"They took him away for the day and when he returned I told him, 'You have to make a choice now and if it takes you even a second I know where I stand. It's either that lifestyle or it's me and the kids.' And he said, 'Well, you of course.' And I said, 'Good, you're going to turn your life around.'"

The two turned their focus to completing their education, with Nottaway returning to Algonquin College to complete her diploma in Chef Training and Culinary Management while Cote finished college, went on to university and is currently in his second year of medical school at McGill University in Montreal.

After graduating, Nottaway started working at the Wanaki rehabilitation centre in Maniwaki where the idea to start her own business took root.

"Being there was an amazing experience because I was able to learn how to re-introduce traditional foods back into our people's lives. Seeing people who had addictions, people with heart disease and diabetes, I wanted to contribute. To feel better you need to eat better, so I started experimenting with healthy menus and more wild meat and I started thinking that I wanted to do more."

Nottaway called her godmother Tina Vincent to talk about her desire to do more with her life and branch out on her own. Vincent suggested that Nottaway look to fill the niche market for healthy, original, "old school" Anishnabe food so hard to come by in the region.

Vincent got Nottaway her first gig, catering a graduation at Minwaashin Lodge in Ottawa around 2010, and as word slowly spread Nottaway began catering more small events.

"Anything I could get my hands on I took," she says. "I didn't pay to promote myself, I just set up a Facebook page and next thing you know people were needing [the service]. It wasn't an insane amount at first, maybe once every two weeks. Then it was like four times a month. After a year I couldn't juggle my full-time job and my business anymore."

Quirky posts on Twitter and Facebook, an interview with Indian Country Today and a chance meeting with former Governor General Michaëlle Jean all helped spur the growth of Wawatay over the past few years. The meeting with Jean resulted in Nottaway and her biography being featured in a campaign called Art Saves Lives, giving her national media exposure. Today Nottaway has her hands full catering events from Maniwaki to Ottawa.

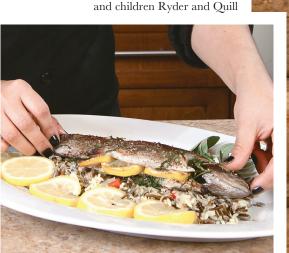
Asked about the day-to-day operations of Wawatay Catering and her plans for the future, Nottaway says she wants to construct a new kitchen, develop her own line of spices, vinaigrettes and maple syrup, write a recipe book and create custom Wawatay t-shirts that say "Made With Love".

"We prepare the stuff at home in my tiny kitchen," she says. "My team consists of two or three people depending on what type of service it is. If it's a large event I'll hire students in the area [where we're catering]. You don't need to have experience you just need to know how to work in a fast-paced environment and have a positive attitude. Basically, I tell them to treat people the way you would like to be served."

Nottaway's advice for up-and-coming entrepreneurs is one of perseverance and self-awareness.

"Stay true to who you are, remember your roots, where you come from," she says. "Educate yourself as much as you can in the field you want to be in, be prepared to work, be passionate and determined. Every mistake is a lesson learned, keep doing what you're doing and don't let anyone tell you it won't work."

Check out www.wawataycatering.ca to learn more about Nottaway and her traditional cooking services.



Wesley Cote, Marie Cécile Nottaway

the Nation 35







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# CONTACT





Wemindji students visit the Éléonore mining site by Katherine Dehm

As the Air Inuit plane roared to life on the morning of May 25, Jewel Blackned shared the reason she was excited to be flying out to Goldcorp's Éléonore mine site. "To see my dad," she said.

Asked whether she had ever considered working at the gold mine, however, Blackned shook her head. The plane was carrying 15 Wemindji youth to Éléonore, and most responded similarly, some merely shrugging at the question.

Even Thomas Mark, Community Engagement Officer for Goldcorp's Corporate Social Responsibility and Community Relations, confessed that he never thought he would be working in the mining industry. His goal for this visit was to shine a light on career opportunities these students may not have otherwise considered.

One of Mark's responsibilities for Goldcorp is to ensure the implementation of programs that promote the training, employment and retention of Cree workers. This initiative stems directly from the Opinagow Collaboration Agreement signed in February 2011 by Les Mines Opinaca Ltée (a subsidiary of Goldcorp), the Grand Council of the Crees (Eeyou Istchee), the Cree Regional Authority and the Cree Nation of Wemindji. The trail of students kicking up dust on the mining site that morning was one of the incarnations of the agreement.



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Mark explained that the Cree turnover rate at Éléonore is decreasing. But the continuing difficulty with retaining Cree employees, he believes, is largely due to the fly-in/fly-out schedule and the strain this places on family life. Although some work shifts are 7/7 or 4/3, the majority of the mine's employees are assigned a 14-day rotation.

"One Cree told me that he has a two-year-old son. He's been working for two years, and has practically missed half his son's life," Mark explained.

Not everyone views the work schedule as an inconvenience, however. Some take full advantage of their two weeks of vacation to travel. Among those who praised the work rotation schedule was Nicolas Blanchet, a young metallurgist who guided the students through the mill. "If I can give you one big piece of advice, it's don't slack off on your math," he told them.

Blanchet proved his point when he was asked how much gold might typically be found in a rock the size of the room we were sitting in. With ease, he whipped out a marker and started cross-multiplying figures and converting units on the board, applying the very skills these students are learning at school. His answer was met by enthusiastic applause.

"[Goldcorp] does not hire people just like that," stressed Mark. He said that Wemindji's Machine Operations, Mineral and Metal Processing program is a 900-hour course that proves difficult for some because they have to do an extra 200 hours just to upgrade their math skills.

Several guides encouraged their young audience to strive for higher education. "A mine like ours is almost like a little village, a little city," said Human Resources Manager Daniel Guay. "But the best opportunities require education."

Not only does the mine offer jobs in the fields of engineering, metallurgy and processing, geology and operations, but there are also opportunities in administration, accounting and finance, communications, and health and safety, to name but a few.

At the end of the day, leaning against a cement block and waiting for the bus with his classmates, Jean-Claude Georgekish did not hesitate to answer when asked what he learned from the visit. "A couple of things... that you have to have education to be a miner," he said. "It's actually motivated me to stay in school."

Katherine Dehm is a teacher at the Maquatua Eeyou School in Wemindji.



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**Marie-Pier Bergeron** HR assistant for Air Creebec, **Graham Cheezo**, student in Business Administration and **Julie Giroux**, UQAT sessional instructor.

**Donna Sandford** and **Barbara Bulowski**, students in Administration and **Roger Gauthier**, UQAT Foundation administrator.

HUMAN CREATIVE VISIONNARY The Fondation de l'Université du Québec en Abitibi-Témiscamingue and the Corporation de développement de l'enseignement supérieur de la Vallée-de-l'Or recognized four Aboriginal students as recipients of academic scholarships, for the excellence of their academic record, their involvement in the community and their courage in returning to school.







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- · Sample must be located on a map
- Complete the application form

#### Deadline and shipping:

- CMEB assumes the analysis expenses of the participating samples
- The contest ends on October 31
- Shipping is at participant's expense

#### Don't forget:

- Hints on the ground: look for rusty surfaces
- Hints after breaking: sample metallic minerals

# **Happy Aboriginal Day!**

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				GPS COORDINATES	E	N
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#### **Kansas City Ribs**

INGREDIENTS (serves 4) 2 racks pork spare ribs

4 tbsp mustard (optional)

#### **DRY RUB**

 $\frac{1}{2}$  cup [100g] brown sugar

2 tbsp paprika

I tbsp cayenne pepper

I tbsp onion powder

I tbsp garlic powder

I tbsp salt

2 tsp black pepper

#### **BASTE**

7 tbsp [100ml] cider vinegar 14 tbsp [200ml] apple juice

### KANSAS CITY-STYLE BARBECUE SAUCE

2 tbsp butter

I onion, finely chopped

2 garlic cloves, crushed

7 oz [200g] tomato paste

3½ oz [100g] molasses

7 tbsp [100ml] cider vinegar

5 tbsp brown sugar

2 tsp chili powder

I tsp cayenne pepper

I tsp salt

I tsp pepper

METHOD – Remove the membranes from the pork racks. Mix together the ingredients for the dry rub and apply generously all over the racks. If desired, thinly coat the ribs with

mustard (to help the spices stick) and sprinkle again with the rub mixture.

Soak 6 chunks of hickory wood in water 30 minutes. Mix together the cider vinegar and apple juice to make the basting mixture.

Prepare the barbecue for a low indirect heat (you're aiming for a temperature of 230°F [110°C]). Push the coals to one side and put an aluminum can filled with water next to it. Put 2 chunks of the soaked wood directly on the burning coals. Put the ribs meatside down on the grill on the section above the water. Close the lid of the barbecue and smoke for the first hour. Remove the lid, turn the meat, and baste it with the cider mixture. Add a new wood chunk every hour, and additional coals as needed. Turn and baste the meat every hour, and cook 4 to 5 more hours (5 to 6 hours total grilling time).

Meanwhile, prepare the barbecue sauce. Melt the butter in a saucepan. Add the onion and cook over low heat 4 minutes, or until soft. Add the garlic and cook a further minute before adding the tomato paste, molasses, vinegar, sugar, chili, cayenne pepper, and salt and pepper. Add about 7 tbsp [100ml] water. Stir to combine and bring to a boil. Simmer over low heat 30 minutes, topping up with water if necessary. Set aside until ready to use.

When the meat has shrunk in several places by at least 3/8 in [1cm] and the rack is slightly bendy, apply the

barbecue sauce to the racks on both sides and grill another 30 minutes. Remove from the grill, slice, and serve.

## Godfather Spaghetti with Meatballs

A classic Italian-American dish immortalized on screen. The secret of good meatballs is bread. Italian immigrants to America originally added it to make the expensive meat go further, but it also ensures that they're light and giving.

INGREDIENTS (serves 6)

 $6 \frac{1}{2}$  oz [180g] stale bread

14 tbsp [200ml] milk

I lb [500g] ground meat (beef, a mixture of beef and veal, or a mixture of beef and pork)

3 garlic cloves, crushed

I cup [80g] pecorino or Parmesan cheese, grated

I bunch fresh flat-leaf parsley, finely chopped

Finely grated zest of I lemon

3 eggs, beaten

14 tbsp [200ml] olive oil

I tsp sugar

I tbsp tomato paste

7 tbsp [100ml] white wine

13/4 lb [800g] canned tomatoes

Salt and black pepper

METHOD – Remove the crusts from the bread and cut into cubes. Soak in the milk 20 minutes, then squeeze out all the liquid. Place the ground meat,



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Célébrons tous ensemble notre culture et notre héritage en cette journée

Nationale des Peuples Autochtones

Let us celebrate together our culture and our heritage on this **National Aboriginal Day** 

 $^{1}$   $\bigcirc$   $^{1}$   $^{1}$   $\bigcirc$   $^{1}$   $^{$ 

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National Aboriginal Day outdoor concert



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Public consultations on research prioritization in the Eeyou Marine Region

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The EMRWB, an independent entity of public government created under the Eeyou Marine Region Land Claims Agreement (EMRLCA), will be consulting with the five coastal Cree communities to seek people's opinions, concerns and support regarding its future research activities.

The EMRWB acts as the main instrument of wildlife management and the main regulator of access to wildlife within the EMR. It also has a mandate of research and the responsibility to manage a

\$5 000 000 Research Fund that has been invested to generate revenue, which will be later used to support research activities.

In order to assess future research priorities, the EMRWB is eager to ensure that the topics retained respect its mandate and reflect the concerns of the Cree of Eeyou Istchee. Hence, some members of the board along with the staff will hold public meetings within the five coastal communities to present research proposals and discuss them with the people.

The detailed schedule for consultation will be made available soon and published in local media. For more information, please visit our website at www.eeyoumarineregion.ca.

bread, 2 of the crushed garlic cloves, the grated cheese, parsley, lemon zest, and beaten eggs in a bowl, season with salt and pepper, and mix well with your hands.

Shape it into 20 balls about the size of a golf ball, or slightly larger. An ice-cream scoop might be of assistance here. Heat the oil in a large skillet. Be generous with the oil – it should be about 1/4 in [5mm] deep. When the oil is very hot, add a batch of meatballs and fry them until brown and crusty all over, which should take about 10 minutes. Remove with a slotted spoon and continue to fry the rest of them.

When all the meatballs have been fried, discard most of the oil, keeping back a little. Add the remaining crushed garlic clove and sugar to the pan and fry I minute. Add the tomato paste and heat through before adding the wine. Let the wine bubble 2 minutes, then add the tomatoes to the pan, breaking them up with a fork. Season with salt and pepper. Return the meatballs to the pan, then cover and simmer 25 minutes over medium heat, adding a little more liquid if necessary. Avoid stirring too much so that the meatballs don't break up. Serve with spaghetti.

#### Salted Caramel Fudge

Perfect emergency rations for an extended hiking trip in the wilderness.

INGREDIENTS (makes about 20 pieces)
Flavourless oil, for greasing 21/4 cups [450g] brown sugar



cup [150g] butter
5/8 cup [150ml] milk
1 x 14oz [400g] can sweetened condensed milk
½ tsp salt flakes, plus extra for
sprinkling

METHOD – Grease an 8 in [20 cm] square tin and line it with baking parchment.

Put the sugar in a nonstick saucepan over medium heat, cook until dissolved, and let it turn very slightly caramelized. Add the butter, milk. and condensed milk and stir continuously with a wooden spoon. Once the butter and sugar have completely melted, bring to a boil and continue to stir for 20 minutes while the mixture boils. It should reach 240°F [115°C], or soft ball stage: if you drop a bit of the mixture into a glass of water it should form a soft ball, but it's easier to use a sugar thermometer instead.

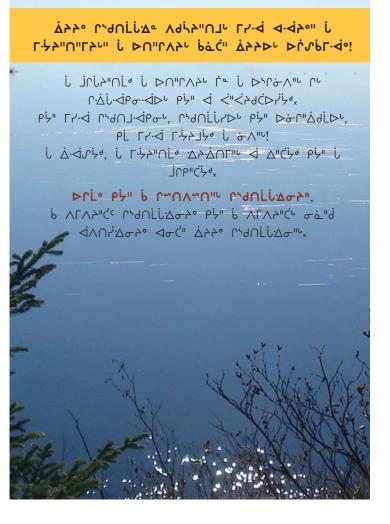
Remove from the heat and continue to beat the mixture with a spoon for 10 minutes, until thickened and slightly grainy, and the glossy shine has gone. Crumble and add the sea salt flakes, stir well, and pour into the prepared tin. Sprinkle a few salt flakes on top, pushing them in a little, so that they stick. Chill the fudge in the refrigerator 6 hours. Remove from the tin and cut into pieces.



The Cree School Board would like to wish everyone a Happy National Aboriginal Day!

Enjoy the summer solstice with friends and family.
And to all the students, teachers and parents,
may you have a delightful summer!
Rest well, enjoy the outdoors and have fun.

The Chairperson and Council of Commissioners,
Director General and Senior Directors
of Cree School Board.





# BARBHE'S BAS & BYTES

## Making a friend of technology

by Thomas Barone

Technology. What do you picture when you hear that word? Most of us see cellphones, computers and tablets. But the very definition of technology is "the application of scientific knowledge for practical purposes, especially in industry."

The information technology (IT) industry has skyrocketed over the past two decades. A graphic representation of its growth from 1996 to 2016 wouldn't fit on a computer screen, as the upward projection line would likely reach your ceiling.

At a young age, I was amazed and mesmerized by computers. By the time I was 19, I was at a crossroads in my life. I had some important decisions to make that would chart the direction of my life. I decided to pursue a career in IT.

I am now 23, have graduated with my degrees and work in a field I love. The best thing about it is that it doesn't feel like work. If you do something you love, they say, you will never work another day in your life.

People of my generation are prime targets for anything technology related. Even if I hadn't chosen to pursue my studies in this area (thank God I did), I'd probably still be able to help most people with many of their computer or technology problems.

Let's face it: IT is everywhere. If you go to the store and buy something, they scan it and the information goes onto a computer. If you work in an office, chances are you're working on a computer. If you are a photographer chances are... well, you can guess. You're working on a computer. What better way to be able to help people than to understand the problems they face with the tools they use?

The industry of technology is evolving at an ever-accelerating rate. A recent development that's creating a lot of excitement is "Virtual Reality." With VR you are placed smack in the centre of almost anything you could imagine. For example, you could study dinosaurs from the Jurassic era up close and personal, as if you were walking among them. You could take part in a moon landing. Or be inside the space shuttle while it launches, travels through space and re-enters the atmosphere. All of this is possible because of the creative minds working to make VR as realistic as possible.

The beauty of the IT industry is that you are not necessarily limited to what you are doing at that given time.

There are a variety of careers in the indus-

try. Among them are 3D anima-

tion or graphic

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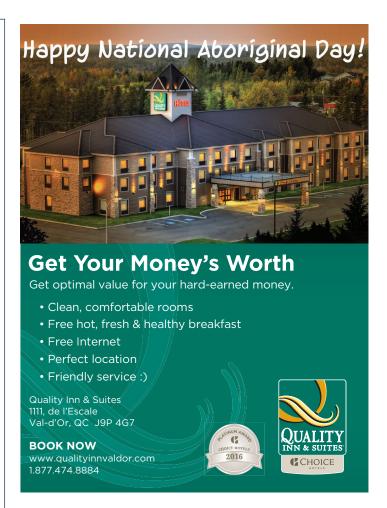


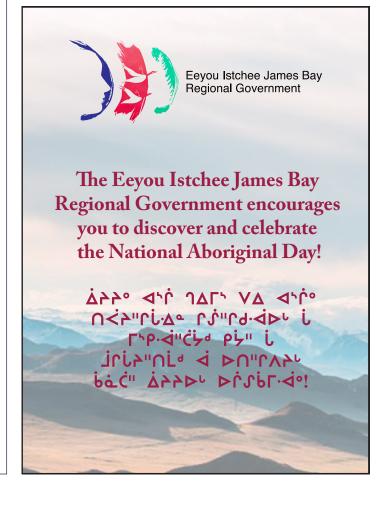






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design, data entry, engineer, networking or system administrator, programmer or software developer, system analyst or tester, technical support, webmaster or web designer - just to name a few.

Technology is something we use not only for work but also for play. We use it to share pictures and moments with family and friends, to jump into a world of imagination and fight dragons or conquer imaginary lands.

I will be appearing in the Nation with some tech insight articles every second issue. If you have any inquiries or interests, I can be reached at tbarone33@gmail. com. Please feel free to get in touch. In the same way you feel after mastering a specific technology, I am not a stranger but a friend.



We wish everyone a

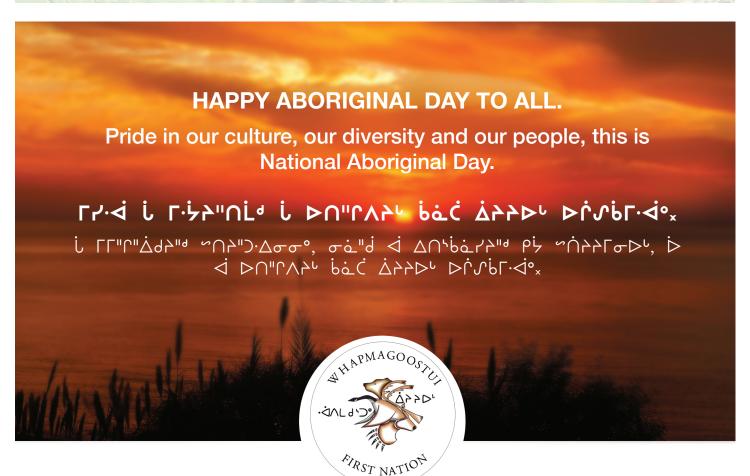
#### **Happy National Aboriginal Day!**

And to all students and teachers. have a great summer!



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any people do not realize that a very big change has happened for First Nation people when it comes to political commitments and more positive relationships from the government of Canada and province of Ontario.

We have come from an environment full of conflict, mistrust and oppression under former governments to a time of healing in an atmosphere that has more to do with fairness and understanding. That is a very big deal for us as First Nation people.

On a federal level for so many years there was far too much conflict and a lack of trust between Ottawa and Aboriginal people. Negative laws were passed that took away much of the protection for our waters and lands and an environment of hate and mistrust reigned.

In the mid-1990s we experienced an Ontario government that often was at odds with our First Nation leaders. In fact in 1995, during a protest at Ipperwash Provincial Park in southern Ontario, Dudley George was killed by police gunfire as violence erupted due to a strong-armed atmosphere that was created by government leaders at the time. The protest concerned land that belonged to the First Nations, which had been expropriated during the second world war. That land was never returned and it was a critical issue for the Chippewas of Kettle and Stony Point First Nation as the area had been used traditionally and housed a burial site.

Under the newly elected federal Liberal government, a settlement was finalized on April 14, 2016, to return the land to the Kettle and Stony Point First Nation along with a \$95 million payment. Chief Tom Bressette of the Kettle and Stony Point First Nation was involved in the resulting settlement on behalf of his community.

It took so long for this wrong to be dealt with and regretfully it had to be done with the loss of the life of Dudley George. His life should never have been taken. We all must remember him with the realization that it really does matter who is running our federal and provincial governments. When policies and procedures are put in place that create conflict and mistrust bad things happen.

I was happy to hear that Premier Kathleen Wynne apologized on behalf of the Ontario government for the brutalities committed for generations at residential schools and the continued harm this abuse has caused to Indigenous cultures, communities, families and individuals. Wynne made her statement of Ontario's Commitment to Reconciliation with Indigenous Peoples in the Legislative Assembly, with residential school survivors and First Nation, Métis and Inuit leaders in attendance. She apologized for the policies and practices supported by past Ontario governments, and the harm they caused; for the province's silence in the face of abuse and death at residential schools; and for residential schools being only one example of systemic inter-generational abuses and injustices inflicted upon Indigenous communities throughout Canada.

Wynne also announced her government would invest more than \$250 million over three years to help: understand the legacy of residential schools, close gaps and remove barriers, create a culturally relevant and responsive justice system, support Indigenous culture and reconcile with Indigenous peoples.

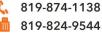
My father Marius and my mother Susan both went through the residential school system so I have a firsthand understanding of the huge wrong committed on my people. The one thing that consoles me as being the witness of so much pain and suffering is that at the very least now we have federal and provincial governments that are striving to work with First Nations and they have been righting many of the wrongs we have suffered over so many years.

We must be mindful of who we put in power when it comes to electing governments. Governments that get elected on hate, bigotry and intolerance only bring us all a lot of pain.

We wish everyone a great National Aboriginal Day! העקליקן היאָאייטייר פּעקיען וויף אַיאַלייטייר פּעקעליקן וויף Ĺ┍╙╻┈┖Ѵ┾╌╒ኇҀҾ┾┾╸┍┆╲╒┟╌┥。









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☆☆/☆トゼ 「しゃ」」。 Cree Nation Government Gouvernement de la Nation Crie



## **Happy National Aboriginal Day!**

This year marks a milestone for National Aboriginal Day as it celebrates its 20th anniversary. The annual event has been gaining in popularity with all Quebecers and Canadians across the country each year indicating a change. A change towards more inclusion, more dialogue, more truth, and more reconciliation with Indigenous communities. It has been bringing people together.

Bringing communities together lets us celebrate the unique history and traditions that have been carried for hundreds of years. There is a true sense of honor in being able to practice that very same culture, walk that same land your family has walked for generations, speak your mother tongue, and pass on your father's and mother's traditional skills. We have much to be proud of.

This Aboriginal Day, let us acknowledge those who help make our communities shine through their stories, their songs, their dance, their arts, and their crafts. But above all, let us commemorate the resilience of our people and renew our commitment to building a strong, united Cree Nation.

#### 





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